



The Week of June 19<sup>th</sup>-June 23<sup>rd</sup>

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### What's coming up at camp?

All camps are offering weekly registration except for the Fit Kids camps which offer one registration for the entire 6-week camp. Registration is [available online](#), or in person at 200 S. Center St. Bldg. 1, Mesa 85210, Monday through Thursday, 7am – 5:30pm. Please note that registration will be due by the Thursday prior to the start of the camp week.

Each camp has a calendar of upcoming events available. A welcome letter and calendar are distributed weekly to the families enrolled. Please ask the Site Supervisor at your camp location if you do not receive this information.



The week of June 26-June 30 follows the theme of “Life is a Ball.” Summer Adventure at Franklin at Brimhall will have a pajama day on Monday, enjoy a D-backs game on Thursday, and a sock day on Friday. Mesa Education Center will have a Lip Sync Battle on Monday, D-backs game on Thursday, and carnival day on Friday. Bush will have a dance group on Tuesday and crazy hair day on Thursday. Robson will have 4 Corner Dodgeball on Tuesday and carnival day on Wednesday. Superstition Springs will have a carnival day on Monday, sports day on Tuesday, and crazy hair day on Wednesday. Zaharis will have a dance group on Tuesday and sports dress up day on Wednesday. MacArthur will enjoy a D-backs game on Thursday. Fit Kids Emerson will have a pajama day on Thursday. Fit Kids Franklin at Brimhall will have a super hero day on Wednesday.

### Reminders

#### Information Sheets:

An information form needs to be completed for each child attending a summer camp. These forms will be provided upon check-in at the site locations. The forms are transported with the staff to the pool or on field trips so that they have the necessary information available at all times.

#### Lunch/Snack:

Please pack a lunch and am/pm snacks for full day camps. The camp will not be able to refrigerate, hold, or warm your child's lunch or snack. It is important that you label all objects with your child's name. Don't forget your water!

#### Photo ID required:

Parents/Guardians will be required to show picture ID to pick-up their child at least for the first week of the program or until staff begin to recognize who you are there to pick-up.

#### Field Trip Bus Transportation:

School bus and charter bus air conditioning systems are only capable of cooling a vehicle to 15-20 degrees below the outside temperature. For some participants, it may not be in their best interest to ride the bus to field trips on extremely hot days. The decision of whether a child rides or not will remain with the parent.

### Contact Information

Beverlee Nielsen  
[Beverlee.Nielsen@mesaaz.gov](mailto:Beverlee.Nielsen@mesaaz.gov)  
 (480) 644-4345 office  
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## What happened this week?

### All-Sports – MacArthur:

The campers had the opportunity to play different sports games with balls this week. They enjoyed over the line, soccer, prison ball, and they especially liked playing dodge ball, but with balls of yarn.

### Boredom Busters – Bush, Robson, Mesa Education Center, Superstition Springs, and Zaharis:

Bush and Superstition both had very successful Hawaiian Days, where they played limbo, had coconuts and pineapples, and costumes. Bush also had a fun visit from Ranger B. Superstition campers experienced a visit from the Phoenix Zoo on Tuesday, and later had a Crazy Sock Day. Robson had a dance group, and hula hoop planets. Zaharis had a Carnival Day, and a Crazy Day. They also played kickball and volleyball.

### Fit Kids Camp – Emerson & Franklin at Brimhall:

Soccer is still happening for Franklin, and the campers are loving it. In addition to soccer, they had a busy week of swimming, visiting the Children's Hospital, doing yoga, and learning about nutrition. Soccer just finished for Emerson, and they are starting to focus on preparing for the science fair. They also had fun playing Prison Ball, with three cones, and a ball of yarn.

### Masterminds/Masterpieces – Ishikawa:

These campers had a creative week of painting owls, turning clipboards into chalkboards, and making dinosaur cards.

### Summer Adventure – Franklin at Brimhall & Mesa Education Center:

The campers loved celebrating "Christmas in July", especially with the hot weather. They also got to have fun with a crazy hair day, and a carnival. Brimhall's highlight of the week was a tournament of board games. The campers are enjoying the fun competition. Kona Ice visited both of the camps to make the hot weather more bearable.

## Camp Photos





Teen Leadership Training's end of year bash will be Friday, July 14<sup>th</sup> at Rhodes Pool. More info to come.

### Our TLTs in Action



### Weekly Themes

Boredom Buster camps and the Summer Adventure Programs will have a theme to follow each week.

May30-June 1	Under the Sea
June 5-June 9	Super Heroes
June 12-June 16	Build, Discover, Explore
June 19-June 23	Out of this World
June 26-June 30	Life is a Ball
July 3-July 7	Party in the USA
July 10-July 14	Live Life Out Loud
July 17-July 21	Pirate

### Site Contact Information

Bush – 480.299.1390
Emerson – 602.526.4678
Franklin (Adventure) – 480.694.8538
Franklin (Fit Kids) – 480.694.7385
Ishikawa (MP/MM) – 480.389.8270
Robson (BB) – 602.526.4672
Robson (MFC) – 480.404.0350
MacArthur – 480.276.8145
Mesa Educ Center – 480.276.8457
Superstition Springs – 480.268.3526
Zaharis – 480.299.1294



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### Attention Parents/Guardians

Children who are ill or who have had a fever in the past 24 hours may not attend summer camp. Please inform staff when a child's absence is due to a potentially infectious illness to allow staff to follow ADHS guidelines and inform other families of any potential risk.

Children that are not well enough to swim should not attend camp as we do not have extra staff to stay back at the site.

When a child becomes ill during the program, site staff will contact parents or another authorized party to pick up the child so that the illness can be treated at home. An isolated area will be provided for the child to rest until a parent or guardian arrives.

### Pool Days

Many of the camps will swim throughout the duration of the summer camp. It is important that parents complete the swimming information on the Summer Camp form accurately to help the staff understand the child's level of swim experience.

Please remember to apply sunscreen at home and send spray sunscreen with your child to reapply while at the pool. The camp staff are prohibited from applying lotion sunscreen to the children enrolled in the programs.

Summer Camp	Swim Day	Pool
Franklin at Brimhall – Fit Kids	Mondays	Brimhall
Emerson – Fit Kids	Wednesdays	Carson
Bush – BB	Wednesdays	Shepherd
Robson – BB	Thursdays	Stapley
Superstition Springs – BB	Thursdays	Brimhall
Zaharis – BB	Thursdays	Shepherd
MacArthur – All-Sports	Thursdays	Kino
Franklin at Brimhall – SA	Mon-Thu	Brimhall
Mesa Educ Center – BB & SA	Wednesdays	Rhodes

### Reminders

#### Close-toed shoes only:

All participants must wear close-toed shoes during camp. Campers will not be allowed to participate in active games without proper footwear.

#### Electronics are not allowed:

Campers may not bring phones, iPods, game-boys, or any electronic devices that could be lost or stolen. Phones will be held in a locked box during camp.

### Summer Tips

#### Ideas for a healthy snack:



## JUNE: PEPPERS

Peppers come in a variety of colors, shapes, sizes, and flavors. All are a great source of vitamins A and C and other important vitamins and minerals. Check out the facts on bell peppers and chili peppers!

CHECK OUT THE VARIETIES OF HEALTHY PEPPERS DESCRIBED BELOW!



**Bell Peppers:** **Bell peppers** are found in a rainbow of colors and flavors. The variety of the **pepper** plant and the stage of the ripeness determine the color and flavor of each **pepper**. For example, a **red bell pepper** is simply a mature **green bell pepper**. As a **bell pepper** ages, its flavor becomes sweeter and milder. **Red peppers** are one of the “super foods” so choose these!

- **Bell peppers** are available and are in good supply all year, but they are more plentiful and less expensive during the summer months. **Peppers** should be firm without any wrinkles, and the stem should be fresh and green. They should feel heavy for their size. Avoid **peppers** with sunken areas, slashes or black spots.
- Store unwashed **bell peppers** in a plastic bag in the refrigerator. They will stay fresh for about a week. **Green bell peppers** will stay fresh a little longer than the yellow and red ones.



**Chili Peppers:** There are several varieties of **chili peppers** and each differs in flavor and heat intensity. Even within each variety, there may differences in how ‘hot’ each particular **chili** is. Typically, larger **chilies** are milder because they contain fewer seeds and less white membrane in proportion to their size. Most varieties can be found fresh, dried, or canned.

- **Chilies** are available year round. When selecting **chilies**, look for glossy **chilies** with firm, unwrinkled skin and fresh green stems. Dried **hot peppers** should be glossy yet unbroken.
- Fresh **chilies** should be stored unwashed and wrapped in paper towels in the refrigerator for up to three weeks. Dried **chilies** should be stored in airtight containers at room temperature for a maximum of four months. To keep dried **chilies** for more than four months, store them in the refrigerator.





## Peppers Tips

- Peppers can be added to salads, sautéed in a pan for a healthy addition to scrambled eggs or egg white omelets, or try adding them to soups!
- Place slices of bell peppers in a baggie to make a healthy, colorful, portable snack!
- Store cleaned, chopped veggies like peppers, broccoli, cauliflower, and tomatoes in your refrigerator. Then just dip them in a low fat dip for a fast and healthy snack.
- To add a smoky flavor to whole wheat pasta or chicken dishes, place grilled (or broiled) bell peppers on top. Grilled peppers also make a great side dish!

## Peppers Recipe!

**Turkey-Apple Whole Wheat Gyros – Easy to Make, Very Tasty, and Full of Nutritious Foods!!**

Makes 6 servings

### Ingredients

- 1 medium golden delicious apple, cored and thinly sliced
- 2 Tbsp. fresh lemon juice (or bottled lemon juice)
- 1 cup thinly sliced onion
- 1 medium red bell pepper cut into thin strips
- 1 medium green bell pepper cut into thin strips
- 1 Tbsp. extra virgin olive oil
- 8 oz. cooked turkey breast, cut into thin strips (or sandwich turkey meat)
- 6 whole-wheat pita bread rounds, lightly toasted
- ½ cup plain reduced-fat Greek yogurt
- 1 garlic clove minced or 1 tsp. prepared minced garlic

### Directions

In a bowl, toss apple slices in lemon juice; set aside. In a large nonstick skillet, cook onion and peppers in hot oil stirring frequently until crisp-tender (warm with a bit of crunch!). Remove from heat, then add apple mixture to skillet mixture, and stir till completely mixed. In small bowl, combine garlic and yogurt. Fill whole-wheat pitas with a bit of turkey, veggie/fruit mixture, and then drizzle with yogurt “sauce.”

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National Recreation  
and Park Association

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)

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